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Weather Forecast

Saturday




High:28  
Low:8

Today



High:31  
Low:9

Sunday





High:40  
Low:23

FRIDAY

Fort Riley

Post





Post-wide Swim Meet

Soldiers competed for top swimming honors and Commander's Cup points at Eyster Pool Feb. 21.

See Page 5

March 1, 2002

Proudly serving the Home of America's Army

Vol. 45, No. 9

# Deployment briefings ease transition

By Jeremy Heckler  
19th Public Affairs Det.

When soldiers deploy worldwide, they leave spouses and family members behind to deal with a variety of personal issues. Family Member Deployment Briefings help families deal with those issues. "This is the civilian equivalent to Soldier Readiness Packet briefings we hold for soldiers," said Georgia Solseth, family readiness group advisor, 01st Forward Support Battalion. "This is a deployment brief for family members," said Bess Stone, Family Readiness coordinator. Stone said that at each briefing the unit commander briefs spouses on the unit's mission as well as provides point of contact information and emergency numbers in case any problems arise. "This is the battalion commander's opportunity to talk to families in the unit so they know where to go," said Stone.

After the commander's briefing, installation agencies provide information to families on the services they offer.

"We bring in resource agencies for support services so that families have a chance to ask questions and put their affairs in order," said Stone.

"For every type of problem or hardship there is an agency that provides answers," said Solseth. The Red Cross is here, so family members know how to contact soldiers in case of emergency. The Family Advocacy Program, Chaplain's Office and Army Community Services are here to help soldiers with any personal problems they may have.

"We are part of the rear detachment here and we talked to family members and told them who we are and how to contact us," said Chaplain (Capt.) Grady Gentry, 1st Battalion, 34th Armor. He said they are available at any time to listen to soldiers and their families.

"When family members come in, I listen to their concerns and watch for keywords that might give me a hint of the source of the conflict then I work those areas of conflict by using scriptures to find comfort," said Gentry.

While many families treat deployments as a normal

"People who aren't here come back later because they didn't get the information,"

Bess Stone  
Family Readiness Coordinator

See Deployment Page 3

# Military Archbishop prays with troops

By Kevin Doheny  
Staff Writer

As soldiers filed in to Riley's Conference Center Feb. 20, the smell of breakfast was on most of their minds.

However, a special guest speaker, not food, is what brought all of the soldiers together.

Archbishop Edwin F. O'Brien, who visited Fort Riley for the first time, shared his thoughts and comments with soldiers during the National Prayer Breakfast at Riley's.

"It is a privilege to be here at Fort Riley for the

first time," said O'Brien. "I'm a native New Yorker and a world traveler. So, when I saw that Fort Riley was near Manhattan, I smiled, and said 'Great.'"

"When I was a young cadet, he (O'Brien) was the parish priest at West Point," said Maj. Gen. Thomas Metz, commanding general, 24th Infantry Division (Mech) and Fort Riley.

"He worked with many of the soldiers who went straight over to Vietnam. His inspiration helped many."

See Prayer Page 3

Post/Cooke

Spec. Carl Bland, a light wheel mechanic, Headquarters and Headquarters Company, 1st Brigade Combat Team, preps his vehicle for deployment.

# Soldiers pack for NTC

By Steven Cooke  
19th Public Affairs Det.

Continuing to prepare for this month's trip to the National Training Center, soldiers have begun packing the tools necessary to complete their mission in CONEXs.

"A CONEX is a shipping container in which you put anything you need to deploy that cannot fit in your vehicle," said Capt. Scott Gilman, commander, Headquarters and Headquarters Company, 1st Brigade Combat Team.

Post/Cooke

PFC Gerald Rinehart (left) and PFC Josh Michaels, Headquarters, Headquarter Company 1st Brigade, remove parts from a Humvee for transportation to the NTC.

For the past three weeks, Headquarters and Headquarters Company, 1st Brigade loaded their equipment and belongings into

CONEXs.

"We start preparing six months out for NTC," said Gilman. "We finalize everything in the two weeks to a month before we actually leave."

Gilman explained that the Brigade logistics staff organizes the whole process. The first part of the process is to contact the NTC and find out the specifics of the operation. How many people can be brought? Which equipment and vehicles should be brought? How many vehicles and how will all these be brought out? The answers to these questions provide pertinent information.

Over the course of the six months, situations change like people leaving or coming to the brigade, changing its size, thus changing its needs. So, nothing is finalized until the last month or so. Once things are, they can begin to pack the CONEXs.

"The company will share five CONEXs for all the units and detachments," said Gilman.

Soldiers from each unit spend two to three days packing the

See Packing Page 3

# Victims' Fund reaches cap at \$4.4 million

By Bill Roberts  
Army News Service

WASHINGTON—The Pentagon Victims' Fund, administered by Army Emergency Relief, has received \$4.4 million and is no longer accepting donations.

"We set up the fund with two missions: to meet the emergency financial needs of the families of those who died in the attack and to set up a scholarship program for the 35 children of the victims," said Gregory W. Mason, deputy director for finance and treasurer, Army Emergency Relief.

"We have received pledges and donations totaling \$4.4 million, which is adequate funding to meet both of these missions and we had to be honest with the donors to be sure their money went to meet the needs of the families," Mason said.

One of the larger donations to the Pentagon Victims' Fund came from Lockheed Martin Corp. Secretary of the Army Thomas E. White received a \$500,000 check from Dr. Vance Coffman, CEO of Lockheed Martin in late January.

The money was donated by Lockheed Martin employees from around the world and by the corporation.

Army chaplains around the world had also been collecting donations for the victims and donated \$177,000 to the fund in November. The donations came from chapels around the Army with \$100,000 specifically coming from chapels in U.S. Army Europe.

"The amount of the donations isn't the biggest factor; the smaller ones from people around the country are just as important as the large corporations," said Mason. "Some of the letters we received with the donations were amazing. One little girl sent us her allowances that she had been saving and money she made from a lemonade stand," Mason said.

"We have never seen this level of generosity before in any fund drive. The outpouring of gifts and support has been absolutely overwhelming," said Mason.

Other donations came from Army Staff Sgt. Christopher Braman, who risked his life to help others Sept. 11. His story has been told on Oprah Winfrey's television show and he was selected to be an Olympic Torch Bearer at a special ceremony at the Pentagon Dec. 21.

He now does speaking engagements and donates any money received for them to the Combined Federal Campaign. Money received for his speeches prior to Feb. 1 was given to the Pentagon Victims' Fund.

Braman's actions on that day cost him a great deal. He has, among other things, chemically induced asthma from the toxins he inhaled making numerous trips back into the burning Pentagon to save his friends and coworkers.

"Even though I got sick, I have no regrets, none whatsoever," said Braman. "My parents taught me what is right and wrong and the things I stand for. I did what I knew was right."

The Army is currently allowing Braman to speak at various events about his experiences Sept. 11 and in December when he became an Olympic Torch Bearer. His most recent one was at Lane Elementary School in Alexandria, Va., Feb. 11. He was interviewed by two children from the school's Student Council Association.

During the interview he talked about carrying the Olympic Torch and the importance of doing what is right.

"I have to stand up for what I believe in. I believe it is important to help people wherever and whenever I can," Braman said.

# 'Mistaken identity' cited in Fort Bragg shooting

By Kyle J. Cosner  
Army News Service

FORT BRAGG, N.C.—An officer was killed and another soldier injured Feb. 23 in a training exercise near Fort Bragg when a sheriff's deputy shot them in what has been called "a tragic case of mistaken identity and fatal misunderstanding."

Health of the Carolinas in Pinehurst, N.C.

The two soldiers thought Butler was a participant in the training exercise known as "Robin Sage," said Col. Charles King, 1st Special Warfare Training Group (Airborne) commander, speaking at a press conference Feb. 26.

King offered condolences to those involved in the incident.

"All of us in the Special Warfare

family."

King said the use of local law enforcement in Robin Sage is not uncommon. The use of civilians allows for realistic portrayal of a native population during Robin Sage, which takes place in the notional country of "Pineland."

"Some of the auxiliary are in fact police officers," King said.

"At 2:30 p.m. that day they were

two soldiers and the sheriff's deputy is still under investigation, King said.

"Clearly, in any action there is a cause," said King. "We have not yet determined what that was."

Robin Sage is the final phase of training for soldiers enrolled in the Special Forces Qualification Course, said King.

"It is the culminating exercise and represents their provisional qualification as a

King said that the Robin Sage exercise itself was not a surprise to the Moore County Sheriff's Office.

"We had informed the sheriff's office of the previous combat operations (during the exercise), and it is clear that the sheriff's office knew, in a general sense, of Robin Sage. We did not coordinate with them about the specific reconnaissance activities of these two soldiers the



Garrison Commander speaks . . .

Army values, know and live by them

It is time for another update on the efforts we continue to make to improve the quality of life for the military families and single soldiers that live within the "city limits" of Fort Riley.

As we all know, the post has rules, regulations and laws for their residents to follow in order to maintain the quality of life for all who live there.

The purpose of these "rules for living" is to minimize problems associated with living in close proximity of one's neighbors, while at the same time promoting harmony and a feeling of community among residents of widely diverse backgrounds and interests.

If everyone follows the rules, life on Fort Riley will be more enjoyable for those who live and work on the post.

These requirements apply not just to families but also to the single soldiers who live in the barracks. We have a few irresponsible residents who lower the quality of life for the others who live in the barracks and housing areas.

These folks have vandalized smoke detectors, sprinkler heads and had fire extinguishers fights in the barracks.

This vandalism activates fire alarms resulting in the evacuation of the building as well as requiring the Fire Department to respond. Since October, the beginning of the fiscal year, we have discovered tens of thousands of dollars in damages to barracks alone.

Although the numbers seem small these incidents unnecessarily reduce the very limited dollars we have to maintain the barracks.

The chain of command investigates these incidents and takes appropriate action on those individuals responsible for the damage. All responsible soldiers can assist in these situations by ensuring that irresponsible soldiers are brought to the attention of the Chain of Command.

One of my highest priorities as Garrison Commander is to equitably and fairly enforce Housing rules for the benefit of all who live on the installation. Living in quarters is a privilege and not an entitlement. All of us who live on Fort Riley should not take our neighborhoods and excellent housing or granted.

We all have a responsibility to our families and our neighbors to follow the "rules for living". These rules are listed in the Housing handbook that each resident receives upon signing for quarters. New editions are available from the Housing Self-Help Store.

The current edition is dated August 2001. We all must be familiar with these rules and ensure our family members and guests likewise know them.

These rules are simple, straightforward, and mostly common sense. They include items such as controlling ones pets, being considerate of one's neighbors by not making loud noises, playing music too loudly, and maintaining your yard in a neat and clean manner. Some of the rules involve obeying the law (also a common sense application) regarding drugs, public drunkenness or domestic battery.

Last year, I instituted the Quality of Life Council.

This council continues to be busy reviewing cases brought before them for misconduct that has an impact on quality of life of Fort Riley residents.

The Council includes representatives from Public Works, Directorate of Community Activities, Staff Judge Advocate, Provost Marshal, MEDDAC and units. Generally, the first time a family is involved in a minor incident of misconduct, the Council recommends that the family receive a warning letter that will be sent through the soldier's chain of command, advising the soldier that any additional incident may result in terminating their family from government quarters. When a family is on the waiting list, an incident could result in the family being removed from that list. The

Council also considers whether the family should be evicted or a family member barred from entering Fort Riley.

All too often, adolescent children are barred from post due to misconduct; causing families to make extremely difficult decisions. Rest assured, the Council's recommendation fits the violation. The more severe the violation, the

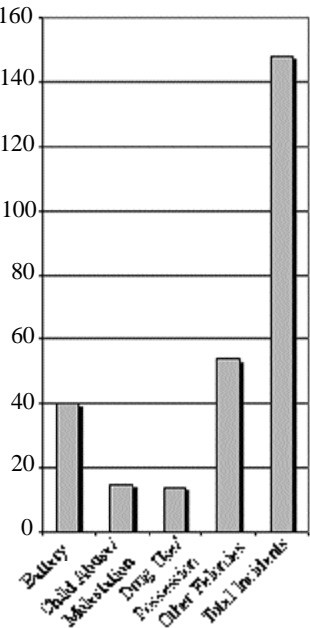
Townhall Message:

By Col. Philip Pope  
Garrison Commander

more severe the consequences.

In the last 12 months, the Quality of Life Council has reviewed 148 incidents that resulted in 78 families receiving a warning, 49 family evictions and removal of 21 families from the Housing waiting list. Of these, 40 were for battery, 15 for child abuse/molestation, 14 for drug use/possession and 54 for other types of

Quality of Life Council  
Warnings, Removal from Waiting  
List, Evictions Past 12 Months



felony violations. Considering a host of factors, not to mention several hundreds of dollars saved each month living on post, I continue to be surprised by soldiers and spouses who put their family's welfare at risk as a result of their poor decisions and conduct.

Several actions were the result of misconduct on the part of guests. Residents are responsible for the actions of their guests as guests are held to the same standard as a member of the family.

A guest's failure to follow the "rules" can result in the individual being barred from the post as well as the resident receiving a warning or if a severe violation, the loss of quarters for the military family.

Fires caused by negligence or hazardous situations are another area that may result in your eviction from quarters. We have had several families receive warning letters for unattended cooking. We have also evicted families whose homes were such a fire hazard that they threatened the lives of the other residents.

Cooking fires can occur easily if the resident steps away from the kitchen during the meal preparation.

Fort Riley has had several fires over the year that occurred as a result of a resident cooking leaving the kitchen to answer the phone in another room. In their absence, the fire ignited and quickly spread to the cabinets and curtains.

Residents are responsible for damages in cases caused by their negligent conduct.

We sometimes have situations where neighbors can't get along. The disagreement could be over children, pets or something as simple as mowing the lawn.

Each resident has their own opinion of what the other one is doing wrong and it's always the other party's fault.

We will work with each family to resolve issues as they arise. If the issues cannot be resolved, the families involved have two choices: they can decide to get along or risk the possibility of both being required to relocate off-post.

I ask every member of the community who observes violations of

the "our rules" to report violations to the Housing Office at 239-6936. Disturbing the peace violations, domestic disturbances and other crimes should be reported immediately to the MPs at 239-6767. Anyone who sees such activity and ignores it does an injustice to themselves and their neighbors.

I truly believe Fort Riley is a great place to work and live. It's a great place to raise a family and it's a great place to be an American. It is up to all of us to do our part to keep the communities safe and a place where we feel good about living and raising children.

All residents need to step up and meet their responsibilities head on by following the rules and reporting violators to the proper authorities.

I am committed to ensuring Fort Riley provides residents the best environment in the Army to work, relax, raise our families and live.

House Ad Please Fill

WALLACE THEATER CORP.  
1 x 3"  
Black Only  
new times

GEICO- ARMED FORCES COMM  
3 x 10"  
Black Only  
Called Up

ROOM GROUP EXPRESS  
2 cols x2";  
for pat;  
Black Only

KANSAS PRESS  
2 x 2"  
Black Only  
freedomed

MANHATTAN ADVERTISING AGENCY  
2 x 2"  
Black Only  
2x2 Manhattan Advertising

Shooting continued from page 1

"What followed was a tragic case of mistaken identity and fatal misunderstanding," King said.

"We accept the conclusion of the district attorney that Deputy Butler acted with the belief that he was in imminent danger and responded according to his training. We also believe that the soldiers were convinced that the police officer was role playing (in the exercise), and they were acting as part of a legitimate training exercise. We consider this a case of mistaken identity," said King.

When he pulled them over, Butler noticed the soldiers were carrying a bag with a partially disassembled M-4 carbine rifle, said Carter. Tomeny and Phelps were wearing civilian clothes at the time to avoid detection during their mission.

"Our concern, and the focus of an ongoing internal Army investigation, is what elements in our standard operating procedures and administrative instructions to students may have contributed to this accident," said King.

"We have immediately ceased any role playing with law enforcement in the area (and) we have precluded the use of civilian clothes by our students," King said. While the 1st SWTG is taking steps to preclude further confusion, soldiers will continue to train and qualify at Robin Sage until the exercise's scheduled end March 2.

King said the Special Warfare Training Group is attempting to find out how it can better communicate with law enforcement authorities during future Robin Sage exercises. "We are looking into how we can do this better."

ANIMAL CARE CLINIC  
1 x 4"  
Black Only  
Turkey Federation

# Deployment

continued from page 1

nal occurrence, these briefings are designed o put information in the hands of family members.

“For a lot of family members this is edundant, but phone numbers change and oints of contact change plus this is an opportunity to talk to the chain of command nd find out who to talk to,” said Stone. “We also try to reach new spouses and get information to them should problems arise.”

Stone said the people who may need the most help are those who don’t attend the riefings.

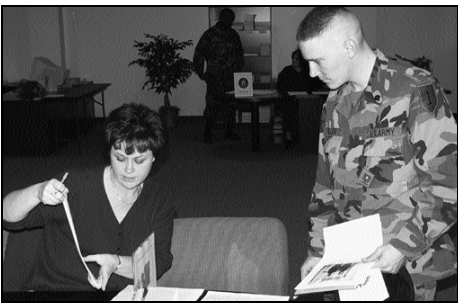
“People who aren’t here come back later ecause they didn’t get the information,” aid Stone.

“Some family members don’t know who to call when there is a death in the family or don’t know to show their LES in order to get their WIC voucher,” said Solseth. In addition to providing information, the family readi - ness groups also set straight misinformation spouses might have received earlier.

When problems do arise, family readiness groups step in where they can to help out.

“We try to calm them down and let them know that the problem can be solved and then link them with someone who can help them out,” said Solseth.

She said that the briefings allow families to become self reliant so they don’t have to rely completely on the soldier.



Post/Heckler

**Mary Ball provides information to Spec. Charles Miller during a deployment briefing.**

## Ten feared dead in MH-47 crash

From Army News Service

**WASHINGTON**—Eight soldiers and two airmen are missing and feared dead following the crash of an MH-47 helicopter Feb. 22 in the Philippines.

The chopper crashed into the sea while flying from Basilan Island to Mactan Air Base. The accident occurred about 120 miles north-northeast of the city of Zamboanga on the island of Mindanao.

There was no sign of hostile fire, according to military officials. The service members on the helicopter were supporting the U.S. effort to train and advise Philippine forces in their fight against global terrorism, said U.S. Pacific Command officials in Hawaii.

The following missing soldiers are assigned to the 160th Special Operations Aviation Regiment from Fort Campbell, Ky., and are presumed to have been aboard the helicopter: Missing are: Maj. Curtis D. Feistner, Capt. Bartt D. Owens, CWO 2 Jody L. Egnor, SSgt. James P. Dorrity, SSgt. Kerry W. Frith, SSgt. Bruce A. Rushforth Jr., Sgt. Jeremy D. Foshee, Spec. Thomas F. Allison

The two missing airmen are assigned to the 353rd Special Operations Group, Kadena Air Base, Japan: MSgt. William L. McDaniel II and Staff Sgt. Juan M. Ridout.

Search and rescue efforts continue.

# Packing

continued from page 1

CONEXs themselves.

“We prepared to pack for about two to three weeks and have been packing in the CONEX for a few days,” said PFC Justin Korber, intelligence analyst, HHC, 1st BCT.

Packing the CONEXs has meant a lot of long days but it’s not that bad, Korber said.

“We’ve been working late packing for about 11 people but everybody’s been contributing,” said Korber.

“It’s not that bad,” said PFC Ray Joyce, HHC, 1st BCT “You have to do what you have to do to be ready.”

Depending on their job, some soldiers are not only packing for themselves or their section but for their whole unit.

“We’re packing for about seven

people but we’re taking supplies for about 100,” said Spec. Beau Vincent, HHC, 1st BCT supply.

Though Vincent is looking forward to NTC, he admitted that, “The worst part about prepping is that it seems like you never go home, you just pack and pack.”

For the first-timers, learning the ropes can be a difficult process.

“The worst part is just the confusion from not knowing how to do it,” said Spec. Catherine Shurtleff, HHC, 1st BCT supply.

Indeed the CONEX process is not a simple one. The trick is to figure out the best way to utilize the space available

“We did an abbreviated planning exercise to figure out how best to configure each CONEX,” said Gilman.

# Prayer

continued from page 1

O’Brien is the Archbishop for the Military Services, and has served as Coadjutor Archbishop for the Military Services.

After attending the Prayer Breakfast, he traveled to St. Mary’s and Kapaun Chapels. At Kapaun Chapel, he spoke with Fort Riley’s Unit Ministry Teams and observed and spoke at the dedication of a mural dedicated to Chap. (Capt.) Emil Kapaun.

“When we bless a picture or a statue, we must look at the representation of those who have followed God faithfully, so that we will learn the way, which will enable us most truly to obtain complete beauty with the Lord,” said O’Brien.

The Kapaun mural was unveiled during a service at the chapel named in his honor.

Kapaun, who served in both World War II and the Korean War, is known for being an outstanding soldier while serving his country and sharing his religious beliefs.

“He was a godly man who allowed his body to go through very tough times,” said Metz. “I am so very proud to be involved with this great ceremony.”

“This is an outstanding day for people looking for heroes and role models,” said O’Brien.

“We have here a man who I’m sure had no idea, that something like this would be taking

place today. He willingly and joyfully carried the day. He never forgot that his God was in charge, and that he teaches us things everyday.”

After the dedication, O’Brien headed to Manhattan Regional Airport and continued on with his busy schedule.

From the Prayer Breakfast to the dedication, O’Brien influenced someone with his knowledge of God and military men and women.

O’Brien, earned a Bachelor’s degree from St. Joseph’s Seminary and College, and Master’s degree and Master’s of Divinity degree from St. Joseph’s as well.

He also earned a Doctor of Sacred Theology degree from Angelicum University in Rome, Italy. He was then ordained a priest for the Archdiocese of New York in 1965.

His military service includes service as a parish priest and civilian chaplain for the United States Military Academy, Chaplain for the 82nd Airborne Division, Chaplain for the 173rd Airborne Brigade in Vietnam, and Post Catholic Chaplain in Fort Gordon, Ga.

O’Brien is a member of the National Conference of Catholic Bishops, St. Joseph’s Seminary Board of Trustees, and Fellowship of Catholic Scholars and Canon Law Society, USA.

HOUSE ADS  
6 x 13.5"  
Black Only  
AUSA--if possible









# Fort Riley Sports



Post/Doheny

Joon Baek, 924th Military Police Battalion, glides through the water during the 2nd heat of the 50-meter breaststroke Feb. 21 at Eyster Pool, finishing eighth in the event. Michael Rutledge of 2nd Battalion (TS) (FA), 289th Regiment took first with the time of 39.544 seconds.

## Week filled with tourneys

By Kevin Doheny  
Staff Writer

When big events take place on Fort Riley, most people don't realize the work it takes to put on the respective events. Such was the case when Fort Riley held three major sporting events this past week. The post-wide swim meet was held at Eyster Pool Feb. 21, the post basketball championship was held at Craig Fitness Center Feb. 22 and Sunday, a post-wide racquetball tournament was held at King Field House. "There was a lot of coordination between the support staff, participating units, officials and other support personnel," said Jim Westerhaus of the Sports Office.



Post/Doheny

David Brodick reaches the end of his 50-meter front crawl event. He finished with a time of 41.350 seconds.

"There is a considerable time spent in schedule development and assuring that everyone receives the correct information." Westerhaus also said there are many people who take special care when helping out with the events. "As for this past week, Barry Sunstrom, intramural coordinator, spent the time figuring out the brackets for the basketball and racquetball tournaments, and Hedy Bailey, swimming program manager, had the lead on the swimming competition," he said. Just as with most major events, the sporting events on Fort Riley have a channel and support staff, which work together to make them successful. "The fitness center staffs of Craig, Long and King Field House were very essential in assuring the basketball tournament was successful," said Westerhaus. "It just gets down to the point were that everyone knows what it takes to make sure the event is a success." "Also, the seven member civilian support staff in the sports department has around 124 years of experience in working with recreational programs. My staff is very dedicated to the mission of serving the military personnel at Fort Riley." Westerhaus believes the key for making the games, meets, matches and tournaments successful is attributed to their Fort Riley Sports and Partition Policy, FR Cir 28-02-7. He also said another important factor is the meetings held the second Tuesday of every month, which are used to provide unit representatives with current and correct information. "It's hard to say how much preparation goes into an event," said Sunstrom. "We are always planning for future events." The sports office said they get feedback from people on post and they are always looking for improvements. "There is always room for improvement," said Westerhaus. "An after action review is prepared for each event listing the good and bad aspects of the event and what needs to be improved." "We always receive feedback

from our patrons, who have some great ideas. I am always trying to find ways to improve the program we offer." As the games are on the brink for the spring season, there is no doubt the sports office will continue to improve quality of life aspects for Fort Riley soldiers.

Swim Meet Results			
200M Front Crawl Relay (Men's)			
1st Place Team: 924th MP			
2nd Place Team: 4-1 FA			
100M Individual Medley (Women's)			
1st	Sara Mlynec	924th MP	
2nd	Tonya Fyke	924th MP	
100M Individual Medley (Men's)			
1st	Michael Rutledge	2nd 289th	
2nd	Larry Wilkens	924th MP	
50M Butterfly (Women)			
1st	Tonya Fyke	924th MP	
50M Butterfly (Men)			
1st	Peter Lanno	4-1 FA	
2nd	Andrew Lively	924th MP	
200M Freestyle (Women)			
1st	Sara Mlynec	924th MP	
200M Freestyle (Men)			
1st	Peter Lanno	4-1 FA	
2nd	Daniel Ross	924th MP	
50M Backstroke (Women)			
1st	Jennifer Waters	1st PSB	
2nd	Dawn Ripplemeyer	924th MP	
50M Backstroke (Men)			
1st	Justin Leadbetter	4-1 FA	
2nd	Michael Rutledge	2nd 289th	
50M Breaststroke (Women)			
1st	Dawn Ripplemeyer	924th MP	
2nd	Tonya Fyke	924th MP	
50M Breaststroke (Men)			
1st	Michael Rutledge	2nd 289th	
2nd	Larry Wilkens	924th MP	
50M Front Crawl (Women)			
1st	Sara Mlynec	924th MP	
2nd	Jessica Hunt	924th MP	
50M Front Crawl (Men)			
1st	Peter Lanno	4-1 FA	
2nd	Andrew Lively	924th MP	
Team Awards			
Womens	1st Place	924th MP	
	2nd Place	1st PSB	
Mens	1st Place	924th MP	
	2nd Place	4-1 FA	

## Doctor enhances Olympic mindset

By Brian Lepley  
Army News Service

**SALT LAKE CITY—**Years of intense preparation earned five soldiers medals in the just-completed 19th Olympic Winter Games. Coaches, trainers, and nutritionists in the World Class Athlete Program prepared seven of the Army biathletes' and bobsledders' bodies for two weeks of competition on the ultimate world stage. Dr. Nate Zinsser handled the mental preparation. "A great guy. He's helped me get a new outlook," said Spec. Mike Kohn, bronze medalist in the four-man bobsled. "In training for the Olympics, every little bit counts. Whether it's nutrition, rest, weight lifting, sprinting, to mental training," Kohn said. "For me he's been an inspiration. He's gone out of his way to advise on things and he's a great guy to talk to." Zinsser, director of the U.S. Military Academy's Performance Enhancement Center, lends his expertise to WCAP. He is not a psychiatrist, he says. His job is to get the athlete focused on a winning mindset. "If you ask any participant in the Games here what percentage of your success at this level is directly related to your ability to be confident, focused and composed, they'll all say that's 60-80 percent," Zinsser said. "That's because everybody here is talented, everybody here has busted their butt to get here - they're talented, they're well-trained, they're totally fit, so what determines the difference? It's going to be who can throw away fear, who can deal with distractions, who can just let go of everything and just perform as if the results don't matter."

Distractions are many at the Olympics. Among WCAP's soldiers, no one dealt with more than gold medal bobsled driver Spec. Jill Bakken. The other U.S. bobsled driver, Jean Racine, was at the center of controversy after she switched brakeman Jen Davidson for Gea Johnson two weeks before the Olympic trials. Bakken also switched brakemen at the same time, from WCAP Spec. Shaun Rohbock to Vonetta Flowers. Racine took public heat because of endorsement deals she and Davidson completed. "Jill handled everything as well as she could - she won the gold medal - but she could have used more time with Dr. Zinsser. The psychological part of the Olympics is so big," said WCAP Spec. Bill Tavares, U.S. women's bobsled coach. "I wish we could have had more time with him. The stress levels

would have been a lot more manageable." Zinsser's last work with Bakken came in April in sessions when she and Rohbock were training in Provo, Utah. His first contact with them was two years ago. "When I first sat down with Jill in February 2000 it was a season where she was banged up. She said to me 'I want a lot more confidence,'" Zinsser said. "We spent three hours working through meaningful definitions of confidence." Bakken's first interview upon emerging from her gold-medal winning run warmed Zinsser's heart. "It was wonderful when she got out of the sled and the NBC announcer was there and asked Jill 'How did you do it?' and Jill said 'We just had confidence,'" he said. "That gold medal made me awful proud. When Jill said 'We just had confidence,' to me that was justification for the whole process." It was a process that took some time to create with the WCAP athletes. "There was all kinds of skepticism initially. I definitely had to sell myself, sell the program," Zinsser said. "I had to let them know I'm not a shrink, I'm not going to ask you about your dreams, your relationship with your mother, your birth order. I'm simply going to help you guys how to be more confident, more focused, by teaching you a perspective on success and a few particular skills that go along with it." Biathlete Sgt. Kristina Sabasteanski made her second Olympic team this year. She had to compete with younger athletes for her Olympic spot this time, a feat she managed with help from Zinsser during the trials in late December. "What's good with him is that there's so many factors you're focusing on and he sharpens what you should focus on. He gets you to focus on what will definitely help you. He's been an asset to us," she said. "Like he says, he's not a psychiatrist, he doesn't fix anything, he makes us realize our strengths. He makes us see what it will be like to win, what it will be like to shoot clean. For us, shooting is 95 percent mental, so it really helps." Besides distractions at giant events like the Olympics, Zinsser says, athletes must also overcome "paralysis-analysis." "My work is to help people reduce the stimulus field, convince them that it's okay to be simple," he said. "Unfortunately we grew up in a world where the solution to everything is billed as think more, develop more complicated understanding of things, and if you think more and work harder at it, you'll be successful."

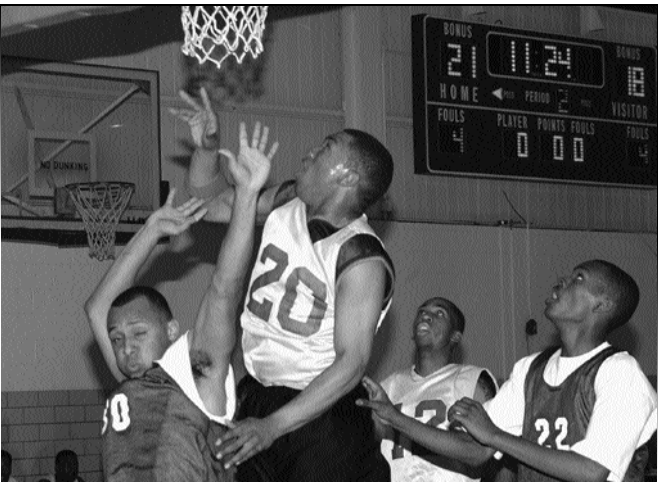
## 2-70th Armor wins post crown, 45-33

By Kevin Doheny  
Staff Writer

It's not what you do during the regular season, but what you do during playoff time, which really matters. A team can win all its games during the regular season, and then lose in the playoffs, causing their season to be a disappointment. It's what happens in the postseason, which players earn their paychecks. No paychecks were earned Friday, but the oldiers from 2nd Battalion, 70th Armor rased early season disappointment to run the able in the 2002 Fort Riley Post Basketball Tournament. "We didn't nlay our best basketball during

"We were the Cinderella's of the whole tournament," said Shawn Glover. "Our performance was a perfect 10." Armor led 21-14 at the half and never looked back. HHC made a few runs in the second half, but Armor kept the pressure on and closed out the victory. "We wanted to come out and press because we didn't think they could handle our speed," said Jenkins. "They had big men, but they couldn't handle us." Armor didn't have the best record coming into the tournament, but they felt they had a good as a chance as anyone else in the bracket. They felt they needed to do certain things in order for them to be successful. "We really wanted to concentrate on our

son. "We really didn't get a chance to play together, and we showed everybody how we can play when we are all on the same page." Armor said they came in with a game plan, but they most of all wanted to come in relaxed and focused on wining. Some of the key performers for both teams were for HHC, Demetrius Mansfield and Frederick Murphy, who led their team in scoring. For Armor, Gibson, Glover and Thomas Glenon led the way for the post champions. Armor also believes they can repeat their performance at Trooper Week, set for the last week in May. "We want to let everybody know, we will be around during Trooper Week," said a group of the champions after they received their











The most recent Community Action Council Meeting will be aired on Fort Riley's Channel 2 at 9 a.m., 12:30 p.m. and 6:30 p.m. today, Saturday and Sunday.

## Soldiers chefs gather at Fort Lee cook-off

By Jim Bolton

Fort Lee Public Affairs

**FORT LEE, Va.**—The veggies will soon be sliced and diced when the 27th Annual U.S. Army Culinary Arts Competition kicks off March 4 at Fort Lee.

The American Culinary Federation sanctioned competition is the premier culinary training event in the military.

Teams must enter 14 separate categories, to include live cooking, team cold buffet, and a Culinary Knowledge Bowl competition.

More than 200 soldier-chefs from 22 installations world-wide are slated to compete March 4-15 for individual and team honors in field environment categories, static displays, installation of the Year, and for individual Junior Chef and Chef of the Year. In addition, there are Distinguished Military Chef of the Year, Live Hot Food and Pastry cooking competition,

and Nutritional Hot Food Challenge, Ice Carving and Military Chef National Culinary Championship categories.

The competition serves as an arena for military personnel to try out for the U.S. Army Culinary Arts Team. The USACAT was crowned world champion in military catering at the Culinary Olympics held in Erfurt, Germany, October 2002.

Culinary exhibits at the Fort Lee Post Fieldhouse will be open to the public March 12-14. At the fieldhouse, there will be live culinary and ice carving demonstrations, a "Culinary Knowledge Bowl" and two-man teams will compete in the Nutritional Hot Food Challenge.

The first culinary competition had its beginnings in 1976 and has grown tremendously over the years, and is sanctioned by the American Culinary Federation.

## New incentives set for overseas tours if unaccompanied

By Marcia Triggs

Army News Service

**WASHINGTON**—Two programs have been revised to help stabilize soldiers returning from Korea and other dependent-restricted tours.

The Deployment Stabilization policy, along with the Homebase and Advanced Assignment Program — known as HAAP — have been expanded, the Army G-1 recently announced.

After completing a tour in Korea or other dependent-restricted areas, soldiers will now be stabilized from operational deployments for six months at their new duty station. Before the most recent revision, the Deployment Stabilization policy only affected soldiers who had participated in "Operations other than War" deployments for a period of at least 30 consecutive days.

Personnel officials said the stabilization program — which applies to both officer and enlisted personnel — was expanded to allow soldiers time to reacquaint themselves with families and provide time to readjust to home station. It also rewards soldiers for arduous periods of duty in which they were separated from family members, officials said.

The Homebase and Advanced Assignment Program is expanding to specialists and corporals who have re-enlisted at least once, beginning March 1. HAAP participants can return to their current duty station after completing a dependent-restricted tour or get orders to their follow-on station before leaving the country.

HAAP was established in the 1970s for officers and noncommissioned officers to reduce permanent-change-of-station costs and increase stability for soldiers and their families, according to Kenneth Emerson, chief of the specialized support team for Enlisted Personnel Management Directorate, U.S. Total Army Personnel Command.

There are two options for soldiers under HAAP: either homebase assignments or advanced assignments.

Under the homebase assignment option, soldiers can leave their family members at their current installation and then return for another tour after completing a dependent-restricted tour. Families residing on post will be able to remain in housing.

See Tours Page 8

# Fort Riley Community



Post/Cooke

**Spec. James Perry, team member of the Fort Riley Culinary Arts Team, prepares a creamed red velvet truffle dessert; a dish he will use when he competes next month.**

## Chefs prep for Fort Lee

By Steven Cooke

19th Public Affairs Det.

"The cuisine was exquisite. You don't get a lot of visibility of this kind of cuisine in the military," said Sgt. 1st Class Mark Clark, 937th Engineer Group.

The Fort Riley Culinary Arts Team presented a display of what they have in store on Feb. 22 for the 27th Annual U.S. Army Culinary Arts Competition to members of the Fort Riley community.

"The exhibit is to show the post they're not wasting their time or money," said Keith Shorter, team manager.

The presentation was quite a sight. With a Shakespearean theme, the display table's main centerpiece was a four-foot structure of Romeo and Juliet made out of salt dough.

"Everything used has to be made of edible materials," said Shorter. "Salt dough is mainly used for sculpting, not really eating though."

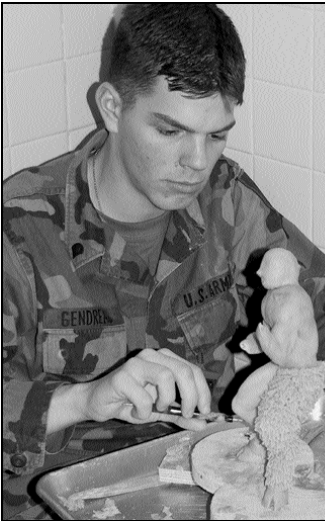
Using every inch of table space, elegantly displayed were two dessert platters, a seven-course meal, a four-course meal and a three-course meal.

The cooks involved in preparation of the meals and platters walked around explaining what they made and how they made it.

Sgt. Felicia Thomas, team member, made a dessert platter which included a dish called "Red Velvet Crush of Romeo and Juliet."

"It's made of red velvet cake, chocolate syrup and cream cheese and pecan frosting," said Thomas, "It's a twist on an old southern classic recipe."

She selected the dish because



Post/Cooke

**Spec. Adam Gendreau, creates a matador centerpiece out of salt dough.**

she said people really like her red velvet cake.

Thomas said that it doesn't take very long to make the cake but it took three days to make the presentation.

In addition to the display, guests partook in a buffet of dishes the cooks planned to prepare in their competitions. On the menu was chicken and spinach lasagna with marsala creamed sauce, herb roasted beef tenderloin, Greek style baked fish, fresh beans, shrimp and sun dried tomato penne pasta, rosemary roasted fresh new potatoes, amaretto cheesecake and fruit punch.

Attendees of the display were impressed.

"I am confident when this task force goes to Fort Lee they will do us proud," said Maj. Gen. Thomas Metz, commanding general 24th Infantry Division (Mechanized) and Fort Riley. He told the cooks to, "Do the very best you can and I'm absolutely sure you will come out where you need to...on top."

"I thought it was really a great event," said Master Sgt. Vera Hannah, post food services. "The food was excellent. Anybody can cook but you could tell they put everything they had into it."

"It was beautiful," said 1st Lt.

See Chefs Page 8

## Enrollment in DEERS required for treatment

From TRICARE

TRICARE For Life has provided health benefits to approximately 1.5 million beneficiaries age 65 and older.

This health benefit serves the healthcare needs of retired uniform service members and eligible dependents who are 65 years old, Medicare eligible and have purchased Part B of Medicare.

TRICARE For Life is a provision of the National Defense Authorization Act that came into effect Oct. 1, 2001.

One-and-a-half million beneficiaries age 65 and over are offered pharmacy benefits and for TRICARE to be the second payer to their Medicare health care claims.

More than 3.1 million healthcare claims have been paid since the program started, according to a TriWest Healthcare Alliance of Phoenix, Ariz. press release, Feb. 7.

However, a number of health claims were denied at first due to the person being identified as ineligible for TRICARE For Life in the Defense Eligibility Records System.

The reason for denial of the health claim filings was due to individuals failing to update their information in DEERS.

The DEERS database shows 'expired eligibility' when their name is brought up in this system.

DoD policy requires re-verification of your information in the DEERS database every four years.

On Feb. 7, the press release reports DoD's announcement that - "TRICARE claims will be paid for a limited time for TRICARE For Life beneficiaries with 'expired eligibility' in DEERS.

Claims filed beginning Oct. 1, 2001 but denied due to 'expired eligibility' will be automatically reprocessed. Neither beneficiaries nor providers will be required to resubmit the denied claims."

Beneficiaries are given until Aug. 1 to update their information in DEERS. Until the re-verification of their DEERS information is done, their health claims will be denied.

A quote taken from Dr. William Winkenwerder, Assistant Secretary of Defense of Health Affairs said he wants to ensure that military health care beneficiaries, especially those who are re-entering the Military Health System and will be using TRICARE for the first time, have a good experience with it and do receive their rightful benefits.

Winkenwerder said the Defense for Health Affairs will do everything it can to overcome initial difficulties and it's understandable that problems may arise due to elderly beneficiaries who haven't used their military benefits in years, or haven't kept their military eligibility files updated, or don't know how to contact the military.

He said the Defense Health Services are working with DoD leaders who manage the DEERS system, The Military Coalition, and the National Military and Veterans Alliance to redouble our outreach to these beneficiaries.

For beneficiaries who have received an Explanation of Benefits stating that they need to get a new military ID card should go to Fort Riley's ID Card Center, Personnel Services Battalion, Bldg. 7808 Graves St., Custer Hill.

The ID Card Center is open Mondays Tuesdays, Wednesdays and Fridays, 9 a.m.-noon and 1-4 p.m.

For more information on how to update or re-verify eligibility call the toll-free number 1-800-361-2620.

More information on TRICARE For Life may be found on the TRICARE website - www.tricare.osd.mil or call the TRICARE Information Center's toll free number 1-877-363-5433.

## Specialist tells her story of joining Army after high school

By Karen E. Hinkle

K-State Intern

It's almost impossible to leave her office without feeling some of the energy his young woman brings to her work and her life every day.

Spec. Jessica Medugno from East Moline, Ill., joined the Army immediately after high school and has hardly

teams. She also participated in her school's lettermen's club. In addition to sports, Medugno was a student council



didate, edited the school yearbook and was captain of the cross country team.

Her diligent work ethic and enthusiasm for sports may offer an insight to her success in the army, as does her attention to detail and her willingness to learn.

"She's a bundle of energy," CSM Roland Holland said of the 21-year-old administrative assistant. "Keeping her cooped up in that little room of her's is

high school sports, she's taken on volleyball and bowling.

"She's always been kind of adventurous, kind of ambitious," said Connie Partain, her mother.

Finding an outlet for that adventure-some spirit is one reason Medugno decided to join the Army.

"I wanted to do something crazy," she said. She's gotten to those crazy things

That respect is something she now receives. Last year, Medugno was named Fort Riley Female Athlete of the Year and AG Soldier of the Year. She is currently the 937th/PSB Soldier of the Quarter.

Medugno's mother is very proud of her accomplishments so far, but she wasn't always thrilled with the idea of her daughter joining the Army. When Medugno first told her mother she wanted



# Families celebrate culture on roller skates

By Vicki Ohmacht  
Child Development Center

Preschool children from the Child Development Center had a chance to show off their newfound skating skills recently as part of a "Family Day" cultural celebration at Riley Wheels. Twenty-four children from the CDC's Module Nine participated, along with 24 parents and three staff members. In addition to skating games, the children made keychains and bracelets, as well as coloring a banner.

The event was planned "to promote the family," according to Vanessa Ingram, lead education technician.

"We wanted to give the parents another chance to be with their children during the time they are normally at daycare, and it was also a chance for our staff to have a different kind of experience with the parents where they could socialize and talk," Ingram said. "We discovered some of the children were first-time skaters, so the parents had a chance to participate in a teaching experience, as well."

One parent said she was amazed at her four-year-old daughter's skating skills.

"It was Kyra's first time at skating, and she did very well. I thought she would be scared, but she said, 'No, Mommy, I can do it by myself,'" April Morgan said. A childhood skater herself, April and her husband, Spec. Edwin Morgan of Headquarters and Headquarters Battery, 4th Battalion, 1st Field Artillery decided to participate in the skating event "to spend time with my daughter and have fun as a family."

"Parents are so busy at times, especially in a military community, so they have the potential to miss out on a lot of fun," Ingram went on to say. "The staff said they really enjoyed the experience, too."

"We plan on going skating again as a family,"

Morgan added. "It brings out the kid in you."

The CDC offers care for children ages 6 weeks to 5 years of age. The CDC also has a part-day preschool program for 3-5 year olds. For more information, call 239-4847.



Photo by Vanessa Ingram

Spec. Edwin Morgan skates with his daughter, Kyra, during a recent "Family Day" at Riley Wheels.

## Tours continued from page 7

Homebase is the option used most, said Lt. Col. Noble Lugo, a finance action officer with the Office of the Deputy Chief of Staff for Personnel.

Soldiers who receive a homebase assignment must sign a statement indicating that they understand the intent of the program and know that they are expected not to use their dependent PCS entitlements unless the assignment is cancelled, according to AR-614-200 Enlisted Assignments and Utilization Management.

The second part of HAAP is advance assignment. Along with their assignment notification to a dependent restricted tour, soldiers will also receive the location of their follow-on assignment before leaving the country, Emerson

said.

"In the past, soldiers had little input into their follow-on assignments and those that tried relied on DA Form 4187s to inform PERSCOM of assignment preferences," Emerson said. "Now through the Assignment Satisfac-

“Our goal is to provide stability by making an assignment commitment to the soldier and family prior to the soldier's departure.”

—Kenneth Emerson  
Personnel Command

tion Key, ASK, soldiers have the opportunity to influence their next duty assignment."

ASK is an Internet tool that allows soldiers the capability to post assignment preference information directly onto the Total Army Personnel Database. Soldiers will need to use their Army Knowledge Online account password to gain access to the information. Army Chief of Staff Gen. Eric K. Shinseki has directed that all soldiers get an AKO account.

In many cases families who are moved to the follow-on location are not granted on-post housing, Lugo said. It's an installation decision, he added.

The decision to extend HAAP to eligible specialists and corporals came after senior leadership in Korea requested that all sol-

diers be included in HAAP, Emerson said. However, it would be difficult to manage and would hinder readiness flexibility if expanded to the entire enlisted force, Emerson said.

"Our goal is to provide stability by making an assignment commitment to the soldier and family prior to the soldier's departure."

PERSCOM's goal is to match HAAPs with soldiers' assignment preferences, officials said, but added there will be cases where the soldiers' preferences cannot be met because of Army Manning the Force priorities. The expanding of HAAP to selected specialists and corporals will not apply to soldiers currently in Korea or placed on assignment instructions prior to March 1, officials explained.

## Medugno continued from page 7

talk with her daughter, Partain became very supportive of her daughter's decision. If that's what her daughter wanted to do, Partain said, she would be behind her. That motherly support definitely paid off. "I'm pretty proud of her," Partain said.

What's next for Medugno? The ambitious athlete wants to move to Germany with her husband, and she eventually wants to become a nurse, like her mother.

As Holland said, "She'd do anybody proud."

Editor's Note: This month, the Fort Riley Post will highlight female soldiers recommended by their chains of command.



Spec. Jessica Medugno

## Chefs continued from page 7

Tameka Bowser, MEDDAC. "I put together the Shakespeare theme. Great variety of flavors."

The team of 12 cooks will travel to Fort Lee, Va., to represent Fort Riley March 2-15.

"The team was chosen in January and began preparing on the first of Feb.," said Shorter. The team members were chosen based on performances in a culinary competition in November.

The competition consists of individual and team categories. Each category is broken down into different fields of competition. Among them are Senior and Junior Chef of the Year, ice carving, knowledge bowl and centerpieces. There are also several meal sections where cooks have to prepare three, four and seven-course meals. In the field cooking section, the team will have to put a creative spin on the usual meals served in the field. Last year, Fort Riley finished in third place in this category, said Shorter.

Though team members said they were confident they would do well, some have their share of

butterflies.

"I'm kind of nervous," said Cpl. Carlos Quiles. "I competed in the junior competition before. They gave us a standard military recipe. For the senior they give us a mystery basket and we have to prepare a four course meal."

"I was nervous," said Thomas, who compares the event to the Olympics of food service.

"I'm never satisfied no matter how many people tell you how nice it looked. I'm always trying to improve. It was very encouraging to speak to the general about my presentation."

Spec. David Warring, team member competing in several sections including the junior chef of the year, had a good attitude.

"This is a big learning experience," said Warring. "For me, I'm going to Fort Lee to learn as much as I can. If I win a medal, then that's just a bonus."

And it's all about the learning experience according to Shorter, "Hopefully these guys will take what they learn back to their units."

“I’m going to Fort Lee to learn as much as I can. If I win a medal, then that’s just a bonus.”

—Spec. David Warring  
Culinary Arts Team Member

SERVICE DIRECTORY  
6 x 10.5"  
Black Only







